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|  | Creative Wellbeing Volunteer  Role Description |
| Responsible To | Volunteer & Training Coordinator |
| Purpose of Post | Carers of East Lothian are seeking to recruit Creative Wellbeing Volunteers to help to deliver a programme of creative wellbeing events and workshops for unpaid adult carers in East Lothian.  This programme of events and training aims to offer carers an opportunity to relax, take some welcome respite, develop their interests and skills, build in confidence and reap the benefits of engaging with creativity.  Creative wellbeing volunteers should have a creative skill of their own and an understanding of how engaging with creativity can support positive wellbeing and reduce stress. They will be keen to share their creative skill with others. |
| Responsibilities and Activities | * To attend and facilitate at least one creative event for carers (with support) * To represent Carers of East Lothian and contribute to a welcoming environment for carers * Working with the Volunteer & Training Coordinator to plan an engaging event * Volunteers are asked to deliver one session in a six month period and if interest is high, volunteers may be invited to run further sessions in the future |
| Skills and Experience Required | * A creative skill of your own *(A wide variety of skills could be introduced to carers, but could include: art, dance, drama, cooking, baking, yoga, writing, needlework, photography, pottery, knitting, music, holistic therapies, beauty)* * Previous experience of group facilitation/ teaching is beneficial, but not essential * This opportunity may suit someone who is training in a specific creative skill |
| Person Specification | * A genuine interest in improving the support and opportunities offered to carers in the local area * The ability to be flexible to the needs of carers and offer empathy and warmth are essential in this role * A recognition that engaging with creativity can support positive wellbeing and help with feelings of stress * A desire to share a creative skill with others * Volunteers must be over 18 |
| What We Can Offer | * The opportunity to become part of a friendly and dedicated team of staff and volunteers * The ability to make a real difference to unpaid carers across East Lothian * Involvement in new and enjoyable experiences, developing skills along the way * A dedicated supervisor who will offer organisational support, including identifying a suitable venue, sourcing resources, advertising and promoting the session, conducting risk assessments and supporting with facilitation * Full induction and training, and ongoing support * Travel and other relevant expenses * References for future employment or volunteering (if desired)   Carers of East Lothian is a disability confident organisation and carer positive employer. We welcome applications from volunteers with disabilities and will make reasonable adjustments to enable you to fulfil your volunteering role, and aim to be flexible and take into consideration other responsibilities and commitments. Please talk to us about how we can support you. |
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